

**Statistics Report 35239, Tortilla, blue corn, Sakwavikaviki (Hopi)**
**Report Date: July 16, 2017 07:09 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	29.89	3	1.408	27.08	31.48	2.0	23.83	35.943	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	276	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Energy	kJ	1156	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Protein <a href="#">1</a>	g	7.83	3	0.178	7.63	8.19	2.0	7.068	8.598	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) <a href="#">1</a>	g	1.40	3	0.018	1.37	1.43	2.0	1.321	1.472	1	Analytical or derived from analytical	--	04/2010
Ash <a href="#">1</a>	g	2.76	3	0.038	2.7	2.83	2.0	2.602	2.925	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	58.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fiber, total dietary <a href="#">1</a>	g	3.4	3	0.285	3.1	4	2.0	2.208	4.659	1	Analytical or derived from analytical	--	04/2010
Sugars, total <a href="#">1</a>	g	2.97	3	0.301	2.39	3.4	2.0	1.675	4.265	1	Analytical or derived from analytical	--	04/2010

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Sucrose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fructose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose <a href="#">1</a>	g	2.97	3	0.301	2.39	3.4	2.0	1.675	4.265	1	Analytical or derived from analytical	--	04/2010
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Starch <a href="#">1</a>	g	51.57	3	0.974	50.4	53.5	2.0	47.378	55.755	1	Analytical or derived from analytical	--	04/2010
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	174	3	5.175	168	184	2.0	151.402	195.932	1	Analytical or derived from analytical	--	04/2010
Iron, Fe <a href="#">1</a>	mg	2.89	3	0.110	2.71	3.09	2.0	2.411	3.362	1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg <a href="#">1</a>	mg	32	3	1.068	31	34	2.0	27.47	36.663	1	Analytical or derived from analytical	--	04/2010

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Phosphorus, P <a href="#">1</a>	mg	339	3	10.667	328	360	2.0	292.772	384.562	1	Analytical or derived from analytical	--	04/2010
Potassium, K <a href="#">1</a>	mg	132	3	5.175	126	142	2.0	109.402	153.932	1	Analytical or derived from analytical	--	04/2010
Sodium, Na <a href="#">1</a>	mg	663	3	19.079	641	701	2.0	580.911	745.089	1	Analytical or derived from analytical	--	04/2010
Zinc, Zn <a href="#">1</a>	mg	0.68	3	0.024	0.65	0.73	2.0	0.572	0.782	1	Analytical or derived from analytical	--	04/2010
Copper, Cu <a href="#">1</a>	mg	0.126	3	0.007	0.12	0.14	2.0	0.097	0.155	1	Analytical or derived from analytical	--	04/2010
Manganese, Mn <a href="#">1</a>	mg	0.604	3	0.019	0.58	0.64	2.0	0.522	0.686	1	Analytical or derived from analytical	--	04/2010
Selenium, Se <a href="#">1</a>	µg	8.8	3	0.433	8.1	9.6	2.0	6.969	10.698	1	Analytical or derived from analytical	--	04/2010
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.387	3	0.003	0.38	0.39	2.0	0.372	0.401	1	Analytical or derived from analytical	--	04/2010
Riboflavin <a href="#">1</a>	mg	0.170	3	0.006	0.16	0.18	2.0	0.145	0.195	1	Analytical or derived from analytical	--	04/2010
Niacin <a href="#">1</a>	mg	3.930	3	0.089	3.8	4.1	2.0	3.548	4.312	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.620	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-6 <a href="#">1</a>	mg	0.111	3	0.003	0.11	0.12	2.0	0.1	0.122	1	Analytical or derived from analytical	--	04/2010
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, beta <a href="#">1</a>	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, alpha <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin A, IU	IU	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lycopene <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lutein + zeaxanthin <a href="#">1</a>	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <a href="#">1</a>	mg	0.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma <a href="#">1</a>	mg	0.36	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	0.287	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
4:0 <a href="#">1</a>	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
6:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
8:0 <a href="#">1</a>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
10:0 <a href="#">1</a>	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
12:0 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
14:0 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

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15:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:0 <a href="#">1</a>	g	0.222	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
17:0 <a href="#">1</a>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:0 <a href="#">1</a>	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:0 <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
24:0 <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total monounsaturated	g	0.229	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
14:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
15:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <a href="#">1</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:1 c <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
16:1 t <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
17:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated <a href="#">1</a>	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 c <a href="#">1</a>	g	0.223	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 t <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:1 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:1 undifferentiated <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:1 c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
24:1 c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	0.689	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
18:2 undifferentiated <a href="#">1</a>	g	0.662	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 n-6 c,c <a href="#">1</a>	g	0.662	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 CLAs <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:2 t not further defined <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 undifferentiated <a href="#">1</a>	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:3 undifferentiated <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:3 n-6 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:4 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD

